

Relationships between health behaviors and weight status among Nigerian immigrants in the United States

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Many Nigerians immigrate to the United States (U.S.) and the population size has been growing rapidly over the past few decades. Several studies examining the health effects of acculturation among Africans have demonstrated a relationship between the migration of Nigerians and other African Immigrants to the U.S. and weight gain. Despite the increasing presence of the Nigerian immigrant population in the U.S., there is limited research on how lifestyle behaviors impact their health. Therefore, the purpose of the study is to examine the relationship between length of stay, health behaviors and weight status among this group. The study will be conducted using an observational cross-sectional design. A total of 80 participants will be recruited from local churches, local social networks, and students' clubs. The eligibility criteria include Nigerian immigrants residing in the US for at least two years, aged 18 years and older, and who can speak English. Data will be collected on demographics and health information, anthropometry, body composition, and health behaviors, such as dietary intake, physical activity, and sleep quality. Demographics and health information will be collected using a demographic and health history questionnaire. Anthropometric and body composition measurements will be assessed using a stadiometer and a body impedance analysis (BIA) scale. Dietary intake and sleep quality will be evaluated using the Automatic Self-Administered 24-hour (ASA24, version 2024) Dietary Assessment Tool. Physical activity will be measured using the International Physical Activity Questionnaire Short Form (IPAQ-SF). Multinomial logistic regression will be used to analyze the effect of length of stay, dietary intake, physical activity, and sleep quality on weight status (healthy, overweight, or obese). All data will be analyzed using SPSS

version 27.0. The study is in the data collection phase and preliminary findings will be out before the conference.